

Accompanying Jesus: even for busy people

Sharing by Anthony Chan

Dear friends in prayer,

The gift to accompany Jesus is not just for the very pious people but is now for every Catholic. I am sharing with you that even I, with all my weaknesses, am able to receive this gift. Therefore everyone can, and you should be assured that you will be able to receive this gift too.

I could never spend an hour in silent prayer before the Eucharist myself and had not even dreamed of such possibility until I read the following witness written in 1995:

<http://www.cardinalkungfoundation.org/articles/shineout.htm> .

The witness was about an 11-year old Chinese girl whose martyrdom for adoring Jesus had influenced Bishop Sheen to spend an hour every day out of his very busy life to adore Jesus.

Bishop Sheen became a very powerful preacher. He preaches over the radio in the mid 20th century. His listeners would cry, cold hearts would be kindled with fire, and sinners would repent.

After hearing the inspiration to such a saintly bishop, pardon me now to share the struggle in my weaknesses.

Since then, I would spend time with Jesus each time I give a witness. In addition, I know I need to make a commitment, but my life is so busy. With a family and a stressful job in a volatile job market, I could not even find time for house maintenance work and often do not have enough rest. Yet I did not want to spend my life just like that when I realize how abundant I have received from Jesus. So I decided to make a very low commitment to accompany Jesus only one hour per month. I am as weak as anyone else. I did not want to make a commitment that I am too weak to keep. So I start with such a low commitment so that I have no excuse of not keeping it no matter how busy my life is. Any busy person can easily spend an hour on things not essential to our physical and spiritual health. I have managed to gradually increase the commitment afterwards, but only after a very long time that I had been drawn into the love of my dear Jesus.

Spending only an hour per month in something more important is indeed a doable start. Yet it has to be a commitment and a very important appointment with my dearest Jesus, rain or shine, with or without other appointment, and whether I am in town or traveling out of town. If other people invite me for something else, I need to try to change the

appointment. In the event that I cannot change another appointment, I would make up at another hour on the weekend within a week.

The hour has to be spent with the heart, the entire heart, with as much heart as a human being has received from God and can put forth before Him. As time went on, this appointment with Jesus is just so sweet. It initially requires determination and commitment which initially appears a sacrifice to me. Yet it is really a very insignificant sacrifice when I realize how much my dear Jesus has done for me. I then realize how much more sacrifice for my dear Jesus to wait for me to receive his abundant love. I never enjoy the long wait to meet a very busy person no matter how important he/she is. Yet I have made Jesus wait and wait in order for Him to bring the best gifts to me!

My dear Jesus knows how much I am in need of love. He suffers so much to see me toil in my busy life. He desires so much to give me true light, love and strength that I am in desperate need. Yet my almighty King cannot until I turn to Him. He desires so much to give himself to me, but He had to keep waiting and waiting and had to suffer so much each time I turn away and fall into prey of my weakness.

Because of numerous weaknesses, it does take time to learn how to accompany Jesus. For most friends that I know, it is indeed very difficult to accompany Jesus when we apparently cannot see or feel anything. Meanwhile, it is necessary to really keep the appointment even when we sometimes do not know what to do in that long hour. I also suggest that we support each other with prayers and to share with each other the struggles that we are going through.

In my struggle in front of a blank Eucharist with all glory hidden, I sometimes try to meditate accompanying my dear Jesus as he humbles himself to share our humanity that he himself is sometimes in need of our companion. It is so intimate to accompany Jesus for an hour to pray at the garden of Gethsemane. It is so touching to sit at the dining table with Jesus as he breaks the bread to give Himself to us. There, with St. John, lean your head against his chest and feel his sacred Heart opened for us. It is most privileged to stand for an hour with Our Mother next to the cross while he is crucified.

Let us accompany Jesus now when He is being despised, bruised, and insulted by the world.

We encourage everyone to sign up for only once a month to accompany Jesus.

陪伴耶穌——為忙碌的人

陳慶鴻分享，楊漪婷譯

親愛的祈禱中的朋友：

我從前作夢也未想過自己也能在耶穌聖體前靜默祈禱一小時，但後來讀到這篇發表於 1995 年的見證（見以下網址）。讓我明白陪伴耶穌的恩寵並不只屬於非常虔誠的聖者，而是我們每一個人都可得到的。

（<http://www.mhchina.net/libri/adoration/sheen.html>）

見證是關於在中國一個年僅十一歲的女孩竟爲了賠補耶穌聖體所受的凌辱而致命；富爾頓·施恩主教（Bishop Fulton Sheen）因受了她的感動，便畢生從繁忙的日常事務中，每天都要抽出一小時來陪伴耶穌聖體。

施恩主教日後成爲一位很有影響力的佈道家。在二十世紀中期，他透過收音機傳道，他的聽眾感動哭泣，冰冷的心會被燃燒，罪人會回頭。

當你讀完了施恩主教神聖屬靈的感人故事後，請原諒我狗尾續貂，告訴你我在軟弱人性中掙扎的心路歷程。

從此以後，每次作見證前，我都願意花時間用心陪伴耶穌聖體。我更明白我須要有承諾，然而我生活卻是那麼忙碌。職業界變動無常，工作不穩定而壓力大，加上照顧家庭，我忙得連整理房子的時間也沒有，經常休息不夠。但是我明瞭我從耶穌所得到的實在是太多太豐盛了，真不願意就這樣度過我的生命。所以，我決定許下一個很小的承諾，就是每月抽出一小時來陪伴耶穌。我是像任何人一樣軟弱的，既認識自己的軟弱，我沒有做太大的承諾，恐怕無法履行。但事實上任何一個忙碌的人，有時也會隨便花上一小時在對身心健康毫無意義的事上的。所以，我只從這樣小的承諾作開始，小得自己也無法以太忙爲藉口而不去履行。然而主耶穌的愛實在太大了，即使我只履行了這個小承諾，祂卻親自帶著我，讓我慢慢學會與祂親近，浸淫在祂的無限愛情中。很久此後，我也終於能一點一點的增加我的承諾。

每月只花一小時在這麼重要的事上作開始，是可以辦得到的。然而這仍然是一份承諾，無論晴雨、無論有無其他事務，即使去了旅行、探親友或工作出差，都要對我最親愛的耶穌履行這非常重要的

信約。如果在計劃好的時間有人有其他事找我，我也要設法請他改期。倘若真的改不了時間，也必須在這盡早空出另一小時來履行我對耶穌的承諾。

這一小時須整個心全力投入，即使我能力很有限，但凡我所能有的心靈，都要儘量全部專注在耶穌上。隨著時光流逝，這個與耶穌相愛的約會，就愈顯甘甜。起初這樣要下定決心努力堅守約會好像是我的犧牲。然而當我明瞭到親愛的耶穌爲我做了那麼多的時候，這點所謂的犧牲，就簡直是微不足道了。其實不是我作了犧牲，而是耶穌不斷地作犧牲，是祂不斷地耐心等待著我，是祂帶著最珍貴的禮物要給我，我卻還要祂日夕在等我！

我親愛的主耶穌最知道我多麼需要祂的愛，我真正最需要的就是那願意把自己給我的祂。每當我在忙碌中迷失了，都令祂很難過。但迷失了的我如果不開放自己給祂、不接受祂的邀請，全能的天主也無可奈何。我每次軟弱、跌倒、離開了祂，都害祂傷痛地等待著我。

因爲人的軟弱點，是需要花時間學習陪伴耶穌的。我多數的朋友，陪伴著似乎是看不見又感覺不到耶穌的聖體，初時均感到困難，有時不知怎樣度過這好像很漫長的一個小時，這時就更須要憑信德堅守這個與耶穌的私人重要約會了。我建議我們互相祈禱支持，及彼此分享自己怎樣掙扎的經驗。

起初面對著外表上平凡無奇的聖體，又看不見耶穌隱藏著的光榮，若不努力克服困難，人的軟弱是的確很容易放棄的。在我的掙扎中，我想著要陪伴耶穌，因爲祂謙卑了自己來陪伴我們，卻受人冷落。我也喜歡選擇一個真實的場合陪伴著耶穌一小時，例加：我這一小時竟能在山園中陪伴著耶穌祈禱，是多麼珍貴啊！誰說我望著的只是麵餅，不，我現在正和主耶穌一起同進晚餐，看，祂擘開麵餅交給我，交出自己爲我犧牲！我這時就如同耶穌所愛的門徒聖若望，依靠在耶穌胸前，感受祂爲愛我敞開的耶穌聖心！我此刻竟有這麼大的恩許，能偕同著聖母媽媽，侍立在十字架旁，陪伴著正被釘在上面的耶穌！

從現在起，就在這個世人不斷地藐視、傷害和欺侮耶穌的世代，讓我們來陪伴耶穌！我懇請你登記每月陪伴耶穌一次。謝謝你！